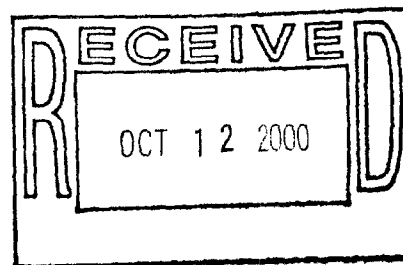


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October 4, 2000



Office of Special Nutritionals (HFS-450)  
Center for Food Safety & Applied Nutrition  
Food and Drug Administration  
200 C Street SW  
Washington, D.C. 20204

Dear Sir or Madam:

This letter will serve as a 30-day notification, pursuant to 403 (r)(6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Name and address of Product Manufacturer: Nature's Herbs, a division of Twin Laboratories  
600 East Quality Drive  
American Fork, UT 84003

Test of statement being made: "Nutritionally Supports Healthy Liver Function."

Dietary supplement ingredients: Milk thistle seed extract, Artichoke, and Turmeric Root.

Product brand and name: Twinlab TruHerbs MILK THISTLE EXTRACT.

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that Twin Laboratories, Inc., has substantiation that the statement is truthful and not misleading.

Sincerely,

Neil Blechman  
Executive Vice President  
Twin Laboratories, Inc.

Enclosures

975-0162

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